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## What is claimed is:

- 1 1. A method, comprising the steps of:
- a) having a cellular module respond to a cellular communication signal by providing a trigger pulse derived from the data component of the cellular communication signal;

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- b) directing the trigger pulse along a special hardware path leading from the cellular module to a user module;
  - wherein the special hardware path conducts the trigger pulse in such a way that the trigger pulse is provided to the user module substantially free of any significant random delays.
  - 2. The method of claim 1, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
  - 3. The method of claim 1, further comprising the step of identifying each new frame in the cellular communication signal, and wherein the trigger pulse is provided each time a new frame is identified.
- 4. The method of claim 1, further comprising the step of
  identifying each new time slot in the cellular communication
- 3 signal, and wherein the trigger pulse is provided each time a new
- 4 time slot is identified.
- 1 5. The method of claim 1, further comprising the step of
- 2 identifying each new data bit in the cellular communication
- 3 signal, and wherein the trigger pulse is provided each time a new
- 4 data bit is identified.

- 1 6. The method of claim 1, further comprising the step of having
- 2 the user module respond to a global positioning system (GPS)
- 3 satellite navigation signal and also having the user module
- 4 respond to the stable frequency reference by using the stable
- 5 frequency reference to stabilize the operation of a local clock.
  - 7. An apparatus comprising:

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- a) a cellular module, responsive to a cellular communication
- 3 signal, for providing a trigger pulse derived from the data
- 4 component of the cellular communication signal;
  - b) a user module; and
  - c) a special hardware path, for conducting the trigger pulse from the cellular module to the user module in such a way that the trigger pulse is provided free of any significant random delays.
  - 8. The apparatus of claim 7, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
  - 9. The apparatus of claim 7, further comprising a frame counter, and wherein the trigger pulse is provided each time the frame
- 3 counter indicates a new frame.
- 1 10. The apparatus of claim 7, further comprising a time slot
- 2 counter, and wherein the trigger pulse is provided each time the
- 3 time slot counter indicates a new time slot.
- 1 11. The apparatus of claim 7, further comprising a data bit
- counter, and wherein the trigger pulse is provided each time the
- data bit counter indicates a new data bit.

1 12. The apparatus of claim 7, wherein the apparatus is a global positioning system (GPS) receiver further comprising a GPS module including the frequency generation module, the GPS module also including a local oscillator, the GPS module responsive to the stable frequency reference and further responsive to a GPS satellite navigation signal.

## 13. A system comprising:

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- a) a cellular base station, for providing a cellular communication signal;
  - b) a cellular module, responsive to the cellular communication signal, for providing a trigger pulse derived from the data component of the cellular communication signal;
  - c) a user module; and
  - d) a special hardware path, for conducting the trigger pulse from the cellular module to the user module in such a way that the trigger pulse is provided free of any significant random delays.
- 14. The system of claim 13, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
- 1 15. The system of claim 13, further comprising a frame counter, 2 and wherein the trigger pulse is provided each time the frame 3 counter indicates a new frame.
- 1 16. The system of claim 13, further comprising a time slot 2 counter, and wherein the trigger pulse is provided each time the 3 time slot counter indicates a new time slot.

- 1 17. The system of claim 13, further comprising a data bit
- counter, and wherein the trigger pulse is provided each time the
- data bit counter indicates a new data bit.
- 1 18. The system of claim 13, wherein the system is a global
- 2 positioning system (GPS) receiver further comprising a GPS module
- 3 including the frequency generation module, the GPS module also
- 4 including a local oscillator, the GPS module responsive to the
- 5 stable frequency reference and further responsive to a GPS
- 6 satellite navigation signal.